Obesity interventions: Comparing two theoretical approaches

Maria M. Ojeda
Baptist Health South Florida, mariaoj@baptisthealth.net

Follow this and additional works at: https://scholarlycommons.baptisthealth.net/se-all-publications

Part of the Digestive System Diseases Commons, Gastroenterology Commons, and the Nutritional and Metabolic Diseases Commons

Citation

This Conference Poster -- Open Access is brought to you for free and open access by Scholarly Commons @ Baptist Health South Florida. It has been accepted for inclusion in All Publications by an authorized administrator of Scholarly Commons @ Baptist Health South Florida. For more information, please contact Carrie@baptisthealth.net.
Obesity Interventions: Comparing Two Theoretical Approaches

Introduction

- Obesity is a major contributor to the burden of chronic diseases.
- U.S. Obesity prevalence has been increasing.
  - 1990 Obesity prevalence < 15%
  - 2011 Obesity prevalence > 35%
- Most determinants of obesity are social and behavioral.
- While social determinants may be addressed through regulatory actions, changing personal behavior is more challenging.
- There are a multitude of theories of behavior change within the psychosocial literature.

Objective

- Theory comparison is a process that helps us determine whether different theories are actually composed of similar constructs or whether they contain unique contributions.
- Theories Compared:
  - Theory of Planned Behavior (TPB) – non-nursing
  - Health as Expanding Consciousness (HEC) – grand theory of nursing

Methods

- Utilized Fawcett's framework for Comparison - analysis, synthesis and critique
  - Components
    - Scope, core assumptions, and conceptual models
  - Application
    - Specific to obesity praxis
  - Outcome
    - Spheres of convergence and divergence

Findings

Components

<table>
<thead>
<tr>
<th>Scope</th>
<th>Theory of Planned Behavior</th>
<th>Health as Expanding Consciousness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scope</td>
<td>Theory of Planned Behavior evaluation of specific behaviors.</td>
<td>Health as Expanding Consciousness</td>
</tr>
<tr>
<td>Core Assumption</td>
<td>Intention immediately precedes behavior. Intention is determined by attitude, subjective norms, and behavioral control. Attitudes, subjective norms, and behavioral control are a function of underlying behaviors. Normative and contextual behavioral, normative and control factors may vary in a function of a wide range of background factors.</td>
<td>Every person or every situation is a part of the process of expanding consciousness. The pattern of life is towards higher consciousness. Health is development as single process with varying manifestations. Disease is a manifestation of the underlying person-environment pattern.</td>
</tr>
</tbody>
</table>

Conceptual Model

Beliefs, Intentions, Norms, Control Factors

Application

- Application in the Research Literature
  - TPB – extensive
    - Quantitative studies: specific norms, beliefs, values that predict obesity-related behaviors.
  - HEC – single
    - Qualitative study: individual and shared patterns of women who maintained long-term weight loss.

Outcome

Three spheres of convergence and four spheres of divergence between the TPB and HEC theoretical models were identified.

Conclusions

- The theories complement each other in potential application.
- TPB application best for:
  - Groups with high obesity prevalence
  - Group intervention research
- Assessing the adequacy of operational concepts in standardized instruments
- HEC application best for:
  - Individualized interventions
  - Studies involving the use of self-reflection as intervention
  - Uncovering emotional and subconscious contributors to the status of obesity

References